ST CLOUD ORTHOPEDICS

ORTHOPEDIC SPORTS CENTER

Amputation

Dr. Staiger

Time Frame	Treatment	Goals
Phase I Post-Op Day may vary sometimes 1-3 days sometimes 10-14 days	• Evaluate and Treat. • Dressing change (if prior to doctor visit) and check for signs/symptoms of infection. • Instruct in wound care. • Instruct in active range of motion, active assistive range of motion, and passive range of motion exercises. • Instruct in edema management techniques. • Typically, no orthosis is needed. • Explain phantom pain and discuss the psychological impact of traumatic loss.	• Edema control • Wound healing • ROM
Phase II 10-14 Days	• Continue with above instructions. • Instruct in scar management techniques (to begin once incision is healed). • Issue Digicap (to be worn once incision is healed). • Educate in bandaging/Coban wrapping for shaping of the stump.	• Scar management • Stump shaping
Phase III 3 Weeks (If needed)	• May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks.	• Continued edema and scar control • Pain management • Desensitization • Functional ROM
	** Further visits may be needed with use of modalities and exercises depending on motion and sensitivity.	

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